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and Clinic*

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*Clifton Springs, New York*



*Descriptive Booklet for Physicians*







# The Clifton Springs Sanitarium and Clinic

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# *The Clifton Springs Sanitarium and Clinic*

*Clifton Springs, New York*



*Open All the Year*



Founded 1850 by the Late DR. HENRY FOSTER

Operated without personal profits

*"to use, in a liberal spirit, all known remedial agencies"*

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THIS booklet for Physicians discusses the varied  
and unique equipment of the Sanitarium and Clinic.

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For laymen, a separate booklet, sent free to anyone, tells in  
detail of Clifton Springs' natural surroundings and daily life.

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*Descriptive Booklet for Physicians*



THE MAIN BUILDING



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## *The Clifton Springs Sanitarium and Clinic*

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GOLF COURSE

### *To the Medical Profession*

THIS BOOKLET describes, for the benefit of the pro- *An Aim*  
fession, the equipment of The Clifton Springs Sani- *and—*  
tarium and Clinic for the diagnosis and treatment of disease. Founded in 1850 by Dr. Henry Foster, it is operated under a deed of trust in which appears the phrase "*to use, in a liberal spirit, all known remedial agencies,*" presenting the purpose he had in mind for the conduct of the institution. To fulfill such a purpose there is necessarily constant change and growth in order to utilize to the best advantage the added facilities for the diagnosis and treatment of disease afforded by modern medical research. It has diverted emphasis from the use of the sulphur springs which determined the location of the institution, and has brought about the development of the many departments described in the following pages.

The resources of the Clinic as a whole are at the service of each patient and of his physician as well, for care is taken to keep the home doctor informed concerning the clinical findings obtained in the study of his patients and the therapeutic measures used for their benefit.

That home doctors may be even more completely in- *An*  
formed, the Sanitarium will be glad to welcome members *Invitation*  
of the profession as its guests, and thus give the physicians an opportunity to judge for themselves how thoroughly

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THE WOODBURY BUILDING



## *The Clifton Springs Sanitarium and Clinic*



SULPHUR SPRING IN SOUTH PARK

prepared are the buildings, park, equipment, and personnel to furnish a satisfactory environment for the ambulatory patients as well as to care for those whose condition is more serious.

The Sanitarium and Clinic is located at Clifton Springs, *Location* N. Y., a village in the Finger Lakes Region, near Rochester. It is reached by fine motor roads, and is on the main line of the Lehigh Valley Railroad and the Auburn Branch of the New York Central. It is within a few miles of the main line of the New York Central at Newark and the Northern Central Branch of the Pennsylvania at Canandaigua. It is therefore very easy of access, and within one night's ride of most of the Eastern, Central, and Midwestern cities.

The map on the last page of this booklet will enable one to visualize routes and estimate distances.

The Main Building is fireproof, consists of six floors and a *Buildings* solarium, and has accommodations for 200 patients and *Capacity* guests. These rooms are equipped, most of them, in a manner similar to those in a large modern hotel.



THE FOSTER BUILDING, SEEN FROM SOUTH PARK

The Foster Building, of semi-fireproof construction, houses the dental and obstetrical departments, and has rooms for 100 medical patients. The Lodge nearby and West Hall, which is connected with the main building, accommodate 75 patients.

The Woodbury Building, a new four-story fireproof structure connected with the main building by corridors and equipped with every convenience of a modern hospital, accommodates 80 patients, and houses the Surgical, Laboratory, X-ray, and other departments described in the following pages.

There are no general wards in the institution; a few rooms contain two and three beds.

A hundred-acre park with hundreds of fine old trees surrounds the buildings; running along two sides of the park is an easy though beautiful and interesting nine-hole golf course.

The Sanitarium owns a model dairy and poultry farm of three hundred fifty acres nearby, and a more distant grazing

## *The Clifton Springs Sanitarium and Clinic*



THE LOBBY IN THE MAIN BUILDING

tract of five hundred acres. From the farm supplies of fresh food are obtained.

The Sanitarium has its own power, heat, electricity, water and ice units. Buildings other than those mentioned include officers' residences, dormitories for employees, and the recently built nurses home, Maxwell Hall.

The Institution is planned for the diagnosis and treatment of most diseases, but it has been found expedient to exclude certain conditions. Cases of active pulmonary tuberculosis, insanity, and epilepsy are not accepted. **Scope**

Since a large proportion of those who enter the Sanitarium are ambulatory patients, every attempt is made to maintain in some parts of the institution an atmosphere different from that of a hospital. The construction, arrangement, and management of the buildings all contribute to this end. **General Atmosphere**

The general appearance of the attractive main dining room, the lounge, lobbies, parlors, and library is strikingly like **Recreation**



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## Descriptive Booklet for Physicians

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THE MAIN DINING ROOM

that which one would expect to find in a first-class hotel. There are facilities for gymnasium work, bowling, and billiards, and for various outdoor sports including a nine-hole golf course, tennis, croquet, clock golf, and other lawn sports. Evening entertainments, too, are provided frequently, and religious services are held daily under the direction of a resident chaplain.

**Rates  
and  
Charges**

Rates (card sent on request) have a wide range, and compare favorably with hotel rates for corresponding accommodations. The charges include, however, *institutional nursing, medical attention, usual treatments, and dietetic management.*

☛ SINCE THE FOUNDER DEEDED THE SANITARIUM TO AN UNPAID BOARD OF TRUSTEES, IT IS CONDUCTED WITHOUT PERSONAL PROFITS, MAKING POSSIBLE RATHER UNUSUAL SERVICE FOR THE RATES CHARGED.

## *The Clifton Springs Sanitarium and Clinic*



THE SOLARIUM

The Permanent Medical Staff numbers twenty-five. The *Staff* members are selected with the object of covering a wide range of specialties. Hence, in addition to internists and general surgeons, there are neurologists, orthopedists, psychiatrists, oto-rhino-larynologists, ophthalmologists, urologists, pathologists, chemists, etc.

All physicians are members in good standing of county, state, and national societies, and many belong also to the national organizations for specialists.

A full staff of trained nurses is maintained in addition to the nurses in the training school. Moreover, there are trained dietitians, electro and occupational therapists.

All departments have an adequate corps of technical and clerical assistants.

The Method of Case Study is essentially as follows: After *Method of Case Study* a preliminary examination a tentative diagnosis is made, which ordinarily determines the physician to be in charge of the patient. He continues the study, calling into consul-

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## *Descriptive Booklet for Physicians*

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THE CLINIC WAITING ROOM

tation such other members of the staff as he deems necessary. The advantages of cooperation in this manner of physician, surgeon, pathologist, and others, is obvious.

### ***Examining Offices***

Since the average individual coming to the Sanitarium needs careful medical supervision, a specified minimum examination has been found to be the wisest preliminary step. This consists of a physical examination which includes examination of the eyes, ears, nose, throat, teeth, and fluoroscopy of the chest. The height, weight, blood pressure, and other data are recorded. Preliminary laboratory work includes examinations of blood, urine, and feces. The routine is modified for patients who are very ill.

### ***Metabolic Diseases***

The Department of Metabolic Diseases cares for patients who are afflicted with gout, obesity, malnutrition, arthritis, and endocrine disorders. As a distinct and separate unit of this subdivision, there is the special equipment for the study and control of diabetes. This unit has a diet kitchen, special



*The Clifton Springs Sanitarium and Clinic*



DINING ROOM, DEPARTMENT FOR METABOLIC DISEASES



DIET KITCHEN, DEPARTMENT FOR METABOLIC DISEASES

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## *Descriptive Booklet for Physicians*

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AN EXAMINING ROOM IN THE HEART STATION

dining room, offices, and rooms reserved for diabetic patients. The specially trained nurses and dietitians make possible the supervision and control which are essential for standardizing these cases. Through individual and group instruction, the patients learn about the disease, how to test for glucose, to weigh and measure foods, to calculate a diet, and to look after the general care of the body.

*Cardiac Diseases* Distinctive Features of the treatment of Cardiac Diseases available here are: first, hydrotherapy, usually in the form of artificial carbon-dioxide baths; second, massage, which in general is given as a substitute for active exercise; third, better control of hours for rest and exercise and of diet if needed. Electrocardiographs are a part of the equipment for diagnosis.

*Surgical Department* The Operating Rooms, five in number, and completely equipped for all surgical procedures, occupy the top floor of one wing of the new Woodbury Building. They are in close proximity to the laboratories and the X-ray depart-

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*The Clifton Springs Sanitarium and Clinic*

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ONE OF THE OPERATING ROOMS



CYSTOSCOPY ROOM



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## *Descriptive Booklet for Physicians*

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OPERATING ROOM, DENTAL DEPARTMENT

ments, thus providing facilities for consultation with these specialties without delay. The two upper floors of the other wing of the same building contain 40 rooms for surgical patients exclusively.

Three surgeons, a resident, an interne, and an anaesthetist, comprise the department's personnel. The scope of the work embraces not only general surgery but most of the specialties as well. Between a thousand and twelve hundred operations are performed annually.

*Eye, Ear, Nose and Throat* The Eye, Ear, Nose and Throat department is equipped for the care and treatment of all cases in this field. It includes facilities for bronchoscopy and esophagoscopy.

*The Dental Department* The Dental department has three fully equipped and manned operating rooms where all types of dental work from examinations to major dental surgery are performed. All cases are handled in co-operation with the medical staff.

## *The Clifton Springs Sanitarium and Clinic*



THE DENTAL X-RAY

The Sanitarium's varied equipment facilitates treatment of *Neuro-Psychiatric* Cases. In neurological cases emphasis is laid on accurate diagnosis, but treatment also holds an important place. Electrotherapy, hydrotherapy, massage, and diet are utilized to improve the condition of patients suffering from neurological lesions. *Department*

In psychiatric cases thorough search is made for contributing organic factors. For treatment, recourse is had to mechanotherapy, hydrotherapy, electrotherapy, occupational therapy and, finally, sports like tennis and golf. Detailed psycho-analysis is sometimes used but is less emphasized. The whole organization and equipment are well adapted for cases requiring the so-called rest cure.

*Descriptive Booklet for Physicians*



THE X-RAY VIEWING ROOM



ONE OF THE X-RAY ROOMS



## *The Clifton Springs Sanitarium and Clinic*



PHYSIO-THERAPY

The Roentgen Ray department is well equipped with the necessary apparatus for all types of diagnostic work, and for therapy where only moderately high voltage is necessary. There are separate units for dental radiography, and a portable unit for bedside work. The department is under the direction of a physician who is specially trained in this branch of medicine, while the technical work is carried out by a group of trained assistants.

*Roentgen Ray  
Department*

In the Electrotherapeutic department many different forms of apparatus are available for the treatment of various conditions. Among those most extensively used are diathermy, ultra-violet light, radiant light, and blue light. Equipment is also complete for galvanic, faradic, sinusoidal, and static currents.

*Electro-  
therapy*

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## *Descriptive Booklet for Physicians*

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A HYDROTHERAPY UNIT

*Hydro-therapy* In the Hydrotherapeutic department are complete facilities for many types of baths. Besides tub baths, various shower, needle, and cabinet baths, electric or steam, are available. Manual rubbing or massage may be given immediately after baths. Electro-thermal baths, bubble baths, and the Scotch douche are used frequently for nervous patients. Water which is thirty per cent supersaturated with carbon dioxide is prepared in large quantities for the series of artificial carbon dioxide or Nauheim type of baths which is used in the treatment of cardiovascular disease.

*Dietetic Department* A Director of Dietetics and three assistants, all college trained women, plan and supervise all special diets. These are prepared in accordance with physicians' written orders as to grams of protein, fat, and carbohydrate, or as to total calories and protein content. Dietetic advice and information to other than special diet patients is given only on physicians' requests.

*The Clifton Springs Sanitarium and Clinic*



ONE OF THE DIET KITCHENS



OCCUPATIONAL THERAPY ROOMS



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## *Descriptive Booklet for Physicians*

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OCCUPATIONAL THERAPY SHOP

Each patient's personal preference or former diets are considered as far as possible, and each patient is visited and instructed in the theory and application of his specific diet and furnished with adequate written and oral information as to care for his dietary needs at home.

**Occupational Therapy** The occupational therapy department receives patients from the staff on written prescription only, and reports of the treatment used and the progress of each patient are made to the physician in writing. This plan makes occupational therapy a strictly supplementary treatment.

**The Laboratories** The laboratories occupy twenty rooms equipped for pathology, bacteriology, serology, biochemistry, and clinical microscopy. The personnel consists of twelve trained workers, competent to perform any test or examination required by a clinician.

**Research** Research is an important function of the medical staff. Results of investigations are published in *The Clifton Medical Bulletin* (a quarterly publication for private distribution) and in various other journals.

*The Clifton Springs Sanitarium and Clinic*



ONE OF THE CHEMICAL LABORATORIES



BACTERIOLOGICAL LABORATORY

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MEDICAL LIBRARY



## *The Clifton Springs Sanitarium and Clinic*



LABORATORY FOR BLOOD COUNTING

The medical library contains about five thousand bound volumes and several thousand reprints. Over one hundred journals, domestic and foreign, are received and filed. The Surgeon General's and other large libraries are accessible when needed.

*Medical  
Library*

Histories of all patients are carefully filed with the name and address of the home physician. This of course, facilitates the study of return cases and furnishes material for clinical research.

*Medical  
Records*

The Clifton Springs Sanitarium and Clinic School of Nursing, established in 1892 and chartered by the New York State Department of Education, provides a three year course including six months in obstetrics and pediatrics at the New York Nursery and Childs Hospital. It has an average enrollment of sixty-five pupils. The instruction is thorough.

*School of  
Nursing*

Fall and spring are exceptionally attractive periods of the year for out-door pleasures. Even in winter the park walks are kept clear and patients may enjoy open air treatment.

*The Best  
Time  
of Year*



PATHOLOGICAL LABORATORY

By avoiding midsummer congestion, many patients feel that they benefit from more quiet surroundings and the opportunity for more leisurely study afforded in spring, fall, and winter. The Sanitarium, of course, is well adapted for summer vacationists who need treatment and rest.

*How to send  
Patients*

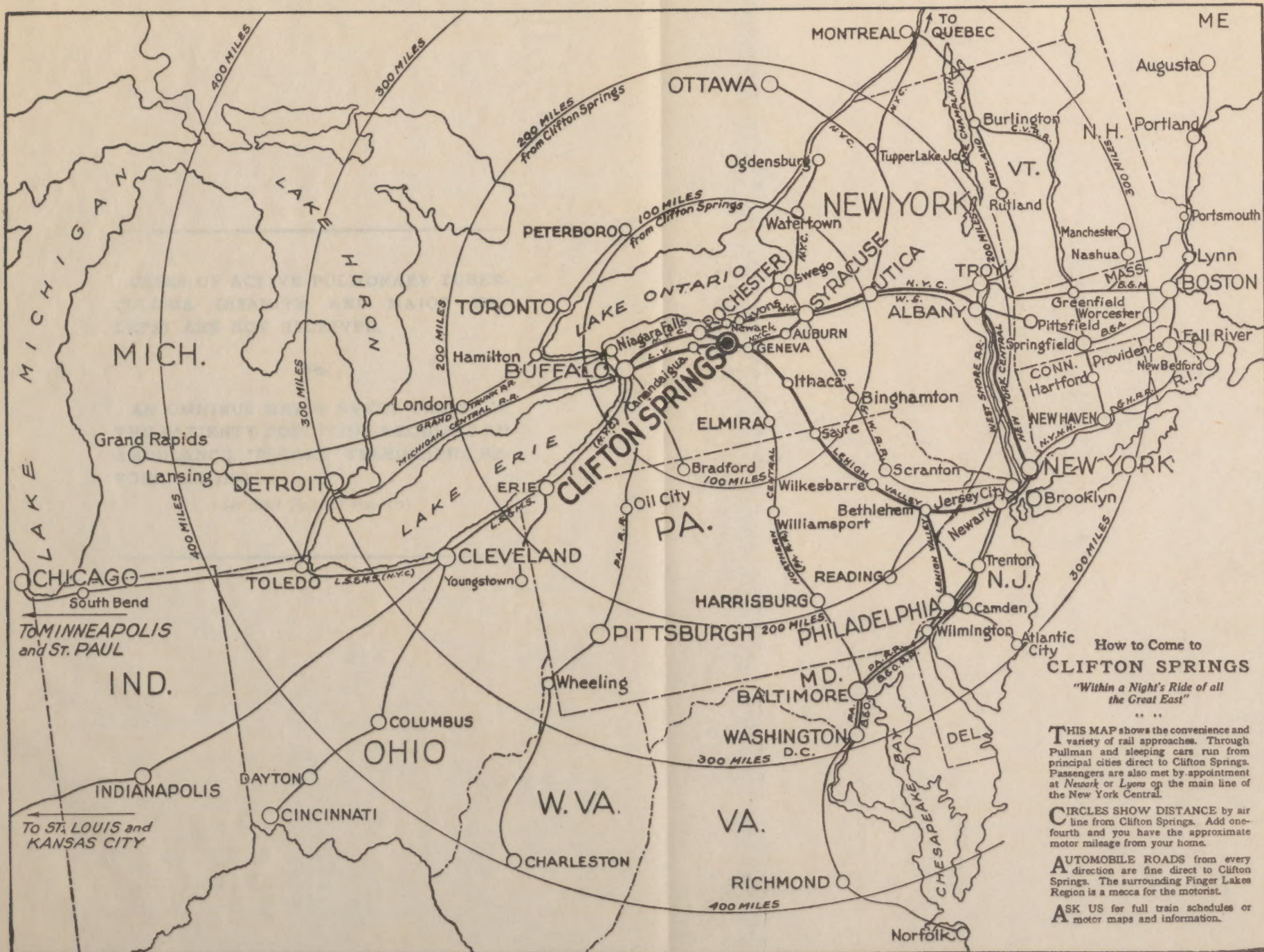
At both the New York Central and Lehigh Valley Railroad stations at Clifton Springs, a comfortable bus meets all trains. An ambulance is available and will be sent to meet trains when its need is known in advance. Trains at *Newark* and *Lyons* on the New York Central main line, and at *Canandaigua* on the Pennsylvania will also be met if this is requested.

The map opposite shows the best routes and approximate distances to the Sanitarium.

Long Distance Telephone and a Western Union Telegraph office are located in the Main Building. From 8 p.m. to 8 a.m. telegrams should be directed "care of Rochester, N. Y."

A separate booklet written for laymen gives much more general information and full travel directions. It will be gladly sent to physicians or their patients.







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CASES OF ACTIVE PULMONARY TUBERCULOSIS, INSANITY, AND MAJOR EPILEPSY ARE NOT RECEIVED.



AN OMNIBUS MEETS EVERY TRAIN. IF THE PATIENT'S CONDITION REQUIRES AN AMBULANCE, PLEASE TELEGRAPH BEFORE COMING.

*(See Last Page of Booklet)*

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